



OCTOBER-NOVEMBER 2023



Edison, P. D. Graham,
Schweitzer, Wildwood,
& Walker-Winter
Elementary Schools

ACE'S CORNER

Extra Slice of Pizza \$2.00 on Pizza Day!
King Pancake Visits:
Edison Ele Tues October 3rd
P.D. Graham Ele Wednesday October 4th

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Nutri Grain Bar Applesauce	2	Muffin & Cheese Stick Whole Fruit	3	Strawberry Bagel Fruit Cup	4	Cereal Banana	5	Fruit Bread Fruit Juice	6
A. Chicken Nuggets & Roll B. Uncrustable (No Peanut) C. Muffin & Cheese Plate		A. Sloppy Joe Sandwich B. Grilled Cheese Sandwich C. Muffin & Cheese Plate		A. Breakfast Burrito B. Taco Stick C. Muffin & Cheese Plate		A. Domino's Pizza B. Muffin & Cheese Plate		A. Chicken Patty Sandwich B. Chef's Salad C. Muffin & Cheese Plate	
Breakfast Round Applesauce	9	Pop Tart Whole Fruit	10	Tiger Bites & Go-Gurt Fruit Cup	11	Zee Zee Bar Apple Slices	12	Donut Day Fruit Juice	13
A. Corn Dog Nuggets B. Uncrustable (No Peanut) C. Ham & Cheese Sandwich		A. Pepperoni Crazy Bread B. Crazy Cheese Bread C. Ham & Cheese Sandwich		A. Bosco Sticks B. Mexican Pizza C. Ham & Cheese Sandwich		A. Domino's Pizza B. Ham & Cheese Sandwich		A. Chicken Patty Sandwich B. Bean & Cheese Burrito C. Ham & Cheese Sandwich	
Nutri Grain Bar Applesauce	16	Muffin & Cheese Stick Whole Fruit	17	Cinni Mini Fruit Cup	18	Cereal Banana	19	Fruit Bread Fruit Juice	20
A. Popcorn Chicken & Roll B. Uncrustable (No Peanut) C. Yogurt Plate		A. Macaroni & Cheese w/Pretzel B. Turkey Burger C. Yogurt Plate		A. Mini Buffalo Calzone B. Italian Stromboli C. Yogurt Plate		A. Domino's Pizza B. Yogurt Plate		A. Chicken Patty Sandwich B. Chef's Salad C. Yogurt Plate	
Breakfast Round Applesauce	23	Pop Tart Whole Fruit	24	Bagel & Cream Cheese Fruit Cup	25	Zee Zee Bar Apple Slices	26	Donut Day Fruit Juice	27
A. Chicken Drumstick & Roll B. Uncrustable (No Peanut) C. Turkey & Cheese Sub		A. Pepperoni Calzone B. Crazy Cheese Bread C. Turkey & Cheese Sub		A. Cheese Ravioli B. Mexican Pizza C. Turkey & Cheese Sub		A. Domino's Pizza B. Turkey & Cheese Sandwich		A. Chicken Patty Sandwich B. Bean & Cheese Burrito C. Turkey & Cheese Sub	
Nutri Grain Bar Applesauce	30	Cook's Choice Cook's Choice	31	Bagel & Cream Cheese Apple Slices	1	Cereal Banana	2	Cook's Choice Cook's Choice	3
A. Hot Pretzel & Cheese B. Uncrustable (No Peanut)		½ DAY NO LUNCH SERVED		A. Beefy Nachos B. Taco Quesadillas C. Chips, Cheese, & Salsa		A. Domino's Pizza B. Chips, Cheese, & Salsa		A. Chicken Patty Sandwich B. Chef's Salad C. Chips, Cheese, & Salsa	

SNOWY WHITE

TASTE BUDS DELIGHT

Don't let nature's achromatic (lacking hue) produce fool you. While white in color, these hearty fruits, beans, and veggies pack a nutritional punch. White produce also rock the flavonoid quercetin, a natural antihistamine and anti-inflammatory that has also been shown to help decrease blood pressure and prevent heart disease. When deciding which savory white produce to invite to your plate, some of quercetin's finest include onions, garlic, potatoes, mushrooms, cauliflower, turnips, and rutabagas.

DISCOVER: MUSHROOMS

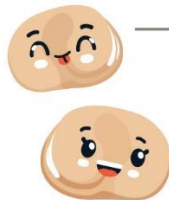
Look out for umami (savory) fungi, mushrooms, this month. In season during the fall and early winter, these tasty toadstools are packed with antioxidants as well as vitamins, minerals, and fiber.



COCONUT: Loaded with potassium, fiber, & vitamin B6
Peak Season: Oct.-Dec.



PARSNIPS: Hearty dose of fiber, vitamins, & minerals
Peak Season: Aug.-March



FAVA BEANS:
Bursting with plant protein, calcium, & micronutrients
Peak Season: March-May

CHALLENGE OF THE MONTH: SALTY POTATO EXPERIMENT

Fill two small bowls with water and mix salt into one of the bowls. Label both bowls so you know which one has the salty water. Cut a potato in half and place each half into a bowl with the cut side down. Leave for about 30 minutes and watch what happens.



TAKEAWAY: Just like the potato loses water, salty foods and drinks make people thirsty. Consume salty food in moderation and stay hydrated.



ACE'S
RECIPE OF THE
MONTH:

NO-BAKE COCONUT CANDY BARS*

Makes 6-8 Bars

INGREDIENTS:

- 1 cup unsweetened shredded coconut
- 1/4 cup agave or pure maple syrup (or 1/4 cup water and stevia to taste)
- 2 tbsp. virgin coconut oil
- 1/2 tsp. pure vanilla extract
- 1/8 tsp. salt
- Optional: Raw chocolate chips

PREPARATION:

1. Ask an adult to combine all ingredients in a food processor. (Mixing by hand will still taste good, but the bars will crumble.)
2. Pack processed mix into any small container (7x5)
3. Refrigerate for one hour, or freeze for 15 minutes.
4. Ask an adult to cut into 6-8 bars.
5. Enjoy!

***DO NOT attempt to chop ingredients or operate food processor without adult supervision.**